

# Doctor Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

### Condition: Fibromyalgia

#### Symptoms I am experiencing:

*Circle all that apply*

- Widespread, constant muscle pain
- Chronic fatigue
- Tender points
- Sleep problems or disruption
- Concentration or memory problems
- Anxiety or depression
- Morning stiffness
- Tingling in hands or feet
- Headaches or migraines
- Irritable bowel syndrome (IBS)
- Difficulty urinating
- Painful menstrual like cramps

#### Frequency Of Symptoms

*Write symptom + frequency you experience it*

#### I have treated/managed symptoms by the following:

*Explain any medications you have used, lifestyle treatments, natural remedies*

#### Family History:

*List any family members/relatives who have Fibromyalgia*

***Other Medications I Am Currently Taken Not Related To Fibromyalgia Symptoms:***  
*List them here*

### **Questions I Have For The Doctor:**

Question, Notes

1. What causes Fibromyalgia?
2. How is Fibromyalgia treated?
3. What can I do to help myself?
4. Is there a cure?
5. Is TMJ disorder associated with Fibromyalgia?
6. Does it get worse over time?
7. Is there a special diet I should be on?
8. I have trouble seeing sometimes, is that a symptom?

### **Possible Diagnostic Tests**

Because Fibromyalgia is linked to changes in how the brain and spinal cord process pain, there is no specific test used as part of diagnosis. Your doctor will rely solely on your group of symptoms.

